

## Cards win Helix Tip Off Tournament

By Anne Morter

The bench provided the spark for the Lone Cardinal machine as the Cards won the Helix Tip-Off Tournament last weekend. The reserves scored 33 of the Lone's 82 points on Friday against Arlington and followed that up on Saturday by scoring 41 out of the team's 86 points against Helix.

In opening round play, Arlington hung with the Cardinals for the first quarter, where they trailed just 15-16. But by halftime, Lone had put the game out of reach by picking up the defensive intensity, and in the words of coach Del LaRue, "getting right with the program." The Cards outscored the Honkers, 26-7, in the second period to lead 42-22. The second half was much the same story as the Cardinals rolled on to an 82-48 win.

Mike Garrett led all scorers with 20 points. Deacon Heideman with 13 and Gabe Garcia with 12 also hit double figures. The Cards hit the boards hard, outrebounding Arlington

56-29, led by Garrett with 15 and Aaron Heideman with 10. David Wagenblast had seven assists and reserve, Justin Miller added six to pace the team. The Cardinals had a decent shooting night making 46 percent from the floor, 33-72, and 71 percent from the line 12-17.

Saturday the Cards met their hosts, Helix in the final round. Helix took advantage of Lone's cold shooting to stay in the game the first half. With foul trouble and injuries sending several starters to the bench, it was once again the reserves to the rescue in the second half. The Cards cranked up the defensive pressure and regained some momentum in the second half to win the game, 86-45.

Reserves Justin Miller with 12 points and Tony Bjerke with 11 paced the Cardinal scoring attack. David Wagenblast had 11 and Gabe Garcia and Mike Garrett had 10 points each as five Cards were in double figures. Again the Cards nailed their opponent on the boards by a margin of 68-32. Garrett led with 17 followed by Ryan Halvorsen with 16 and Bjerke with 11. David Wagenblast had six assists and three steals to lead those categories. Deacon Heideman had two blocked shots.

The Cards stayed hot at the free throw line shooting 17 of 24 for 71 percent. From the field they hit 33 of 85 for 38 percent.

"The kids off the bench played really well," commented coach LaRue. "That will really help us down the line."

The Cards now take their 5-2 preseason record into conference play, which starts this Friday, Jan. 10 at Helix.



lone's Gabe Garcia (10) plays defense against Grizzlies.

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## Lady Cards roll to victory in Helix

By Anne Morter

The Lone Lady Cardinals easily rolled to the championship of last weekend's Helix Tip-Off Tournament, defeating the Grant Union JV team on Friday, Jan. 3 and downing Helix on Saturday, Jan. 4.

The starters saw only 10 minutes of action in the 51-35 win over Grant Union. The lady Cards led 19-4 at the end of the first quarter and held a 32-16 halftime edge.

In a balanced, scoring attack where all but one player scored, Kari Morgan was high point with 12 points for Lone, followed by Nancy Morter with nine. Morgan also had six rebounds to lead the lady Cardinals to a 31-18 rebounding edge. Morter and Morgan each had four assists and six steals to pace the team.

In a dramatic improvement from their last outing where they shot just 19 percent the lady Cardinals hit 21 of 48 from the floor for 43 percent. At the line, they hit six of 17 for 35 percent.

On Saturday, the Cards faced a scrappy Helix team, and while Helix didn't get many points on the board in the 26-50 loss, they did make the Cards earn their baskets.

Nancy Morter hit three three-point shots and ended up with 16 points to lead all scorers. Again the scoring was spread around with all but three players getting into the score column. Kari Morgan with seven and Janie Cupps with five, led the lady Cardinals to a narrow 26-21 rebounding edge. Brandi Ball dished out five assists and Morgan and Morter each tallied five steals.

Lone's continued improvement in their shooting pleased coach Dana Heideman. The Cards shot 20 of 44 from the field for 45 percent, which not only included Morter's three-point shots but two more by Kristine Bedortha. From the line, they made five of nine for 56 percent.



Heidi Orem (14) looks for way around defender.

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